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	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDÌ	VENERDÌ
09-11	 9,30-10,30 <b>TONIFICAZIONE</b>  10,35-11,35  pilates			 9,30-10,30 <b>TONIFICAZIONE</b>  10,35-11,35  pilates	
12,45-13,45	 pilates	 <b>BRUCIA GRASSI</b> <b>TOTAL BODY</b>	 pilates	 <b>BRUCIA GRASSI</b> <b>TOTAL BODY</b>	
18-19			 <b>BRUCIA GRASSI</b> <b>TOTAL BODY</b>		 18,30-19,30 <b>AERIAL HOOP</b> <b>OPEN</b>
19-20	 19,15-20,00 <b>STEP</b> <b>+G.A.G.</b>  19,30-20,30  <b>BOXE &amp; KICK</b>   <b>AERIAL HOOP</b> <b>BASE 1</b>	 19,00-19,45 <b>pilates</b>	 19,15-20,15  <b>ZUMBA</b> <b>+G.A.G.</b>   <b>POLE DANCE</b> <b>BASE 1</b>   <b>YOGA</b>	 19,00-19,45 <b>pilates</b>   19,30-20,30 <b>BOXE &amp; KICK</b>   19,15-20,00 <b>STEP</b> <b>+G.A.G.</b>   <b>TESSUTI AEREI</b>	 19,15-20,15  <b>ZUMBA</b> <b>+G.A.G.</b>   19,30-20,30 <b>POLE DANCE</b> <b>OPEN</b>
20-21	 <b>AERIAL HOOP</b> <b>BASE 1</b>   20,30-21,30 <b>BOXE &amp; KICK</b>   20,00-21,30 <b>TAI CHI CHI KUNG</b>	 20,00-20,45 <b>FIT BOXE</b>   20,00-21,30 <b>KUNG FU TANG LANG</b>	 20,00-21,30 <b>BOXE</b>   20,00-21,30 <b>KARATE</b> <b>Over 17</b>   <b>POLE DANCE</b> <b>BASE 2</b>	 19,45-20,30 <b>FIT BOXE</b>   20,30-21,30 <b>BOXE &amp; KICK</b>   20,00-21,30 <b>KUNG FU TANG LANG</b>	 20,00-21,30 <b>BOXE</b>   20,00-21,30 <b>KARATE</b> <b>Over 17</b>   20,15-21,45 <b>TAI CHI MARZIALE</b>  20,30-21,30 <b>JKD</b>
21-22	 <b>AERIAL HOOP</b> <b>OPEN</b>		 <b>POLE DANCE</b> <b>OPEN</b>		

 = brucia grassi

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